

DAILY CCU ROUTINE

05 FEB 1993

SATURDAY

0430 REVEILLE/HEAVE OUT/STOW GEAR/MAKE RACKS/MUSTER
0445 PREPARE FOR P.T.
0450 COMMENCE P.T.
0545 SECURE P.T./SHOWER CALL/SHIFT INTO WORKING UNIFORM
0615 CLAMP DOWN BERTHING AREAS & HEAD
0645 COMMENCE SMOKE BREAK
0655 SECURE SMOKE BREAK/BREAKFAST/MARCH TO GALLEY
0725 SECURE BREAKFAST/MARCH TO CCU
0730 SICK CALL/MEDICATION CALL
0740 COMMENCE SMOKE BREAK
0750 SECURE SMOKE BREAK/FALL OUT FOR COLORS
0755 FIRST CALL TO COLORS
0800 COLORS
0805 PREPARE FOR FULL SEABAG LAYOUT INSPECTION
0830 SEABAG INSPECTION (CCU SUPERVISOR)
0900 SECURE SEABAG INSPECTION/COMMENCE GMT
0945 SECURE GMT/COMMENCE SMOKE BREAK
0955 SECURE SMOKE BREAK/PREPARE FOR WORKING PARTY
1000 DEPART CCU/MARCH TO WORK SITE
1105 MEDICATION CALL
1200 LUNCH/RADIO MUSTER (CCU SUPERVISOR)
1220 SECURE LUNCH/COMMENCE SMOKE BREAK
1230 SECURE SMOKE BREAK/POLICE AREA/TURN TO
1435 COMMENCE SMOKE BREAK
1445 SECURE SMOKE BREAK
1600 SECURE WORKING PARTIES/MARCH TO CCU/SHIFT TO CLEAN
WORKING UNIFORM/MUSTER/SHOWER CALL
1620 MEDICATION CALL
1630 DINNER/MARCH TO GALLEY
1720 SECURE DINNER/RETURN TO CCU/COMMENCE SMOKE BREAK
1730 SECURE SMOKE BREAK/COMMENCE MOTIVATIONAL TRAINING/NEWS
CALL
1900 SECURE MOTIVATIONAL TRAINING/NEWS CALL/COMMENCE
ORGANIZED SPOTS (VOLLEYBALL/BASKETBALL)
2000 SECURE SPORTS
2015 COMMENCE DIRECTED SELF STUDY/IN-RATE TRAINING
2045 SECURE DIRECTED SELF STUDY
2055 COMMENCE PERSONAL TIME (UNIFORM PREP/READING/LETTER
WRITING/SHOWER CALL/COMMENCE SMOKE BREAK (LIBRARY CALL
FOR BLUE AND GREEN BADGE LEVELS ONLY)
2115 SECURE SMOKE BREAK
2125 SECURE PERSONAL TIME/MUSTER/PREPARE FOR TAPS
2130 TAPS